

PRODUCT INFORMATION

Creatine increases physical performance in successive bursts of short-term, high-intensity activity. This beneficial effect is obtained with a daily intake of 3 g of creatine.

Food supplement, 100 % creatine monohydrate (Creapure®).

This product has been packaged in a facility which is routinely tested for banned substances. See website for details.

Creapure® is a registered trademark of AlzChem AG.

INSTRUCTIONS FOR USE

Loading phase: Take 5 g (approximately one level 5 ml measure) and mix with 500 ml of water, fruit juice or meal replacement 4 times a day at regular intervals for 5 days.

Maintenance: Take 5 g (approximately one level 5 ml measure) and mix with 500 ml of water, fruit juice or meal replacement. Consume one serving daily.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is 20 g per day during loading phase and 5 g per day during maintenance. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 18. **Keep out of reach of young children.** The scoop included with this product measures by volume not by weight, for precise measurements please use measuring scales. This product is sold by weight, not by number of servings.

Storage Instructions: Store in a cool dry place. Keep lid on after opening. Best consume entire product within 3 months of opening. **Best before end:** See lid, side or base.



Creapure® CREATINE



Manufactured in the UK by:
Reflex Nutrition Ltd
The Science Park, Sea View Way
Brighton, BN2 6NT
ReflexNutrition.com



Creapure® creatine monohydrate is produced by AlzChem AG in Trostberg, Germany.



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